

## November Training Schedule and Session Changes

<i>Please note that unless stated otherwise, James is available for parents and swimmers drop ins on Tuesdays 18.00-18.45 in GL1 Café.</i>	
<i>Please note that unless stated otherwise, Daisy is available for sport therapy sessions on Fridays 19.15-20.00. A 15minute 1 to 1 slot must be pre-booked with Daisy and costs £5.</i>	
Sunday 28 <sup>th</sup> October	<p><b>Changes to timetable due to BCLSC Open meet – unable to use Barton pool until 17.00.</b></p> <p>Barton SSK4/6 17.00-18.15 – as normal            Barton TTE7/Para 17.00-18.15 – Time and venue change            Twyver TTC14/SSK12 17.00-19.00 – Time and venue change            Beaufort TTC17/16 17.15-18.00 – as normal            Barton SSK7/9 18.00-19.15 – as normal            Barton Uni 18.15-19.15 – as normal            Twyver LT TTE7/Para 18.30-19.15 – Time change            Twyver TTC17/16 18.45-20.30 – Time Change            Twyver LT TTC14 19.15-20.00 – Time Change</p>
Monday 29 <sup>th</sup> – Wednesday 31 <sup>st</sup> Oct	All training as normal
Thursday 1 <sup>st</sup> November	All training as normal
Friday 2 <sup>nd</sup>	All training as normal SW Winter Regional Championships – Millfield
Saturday 3 <sup>rd</sup>	<b>All Training Cancelled</b> Sevenside Tritons Level 3 Open meet – GL1 SW Winter Regional Championships – Millfield
Sunday 4 <sup>th</sup> November	<b>All normal training Cancelled</b> Twyver SSK4/6/Para/TTE7 17.00-18.30 – replacement session Beaufort TTC17/16/14 17.15-18.00 – replacement session Twyver TTC17/16/14/Uni 18.30-20.30 – replacement session Sevenside Tritons Level 3 Open meet – GL1 SW Winter Regional Championships – Millfield
Monday 5 <sup>th</sup> – Thursday 8 <sup>th</sup>	All training as normal
Friday 9 <sup>th</sup>	All training as normal BUCS (University Competition, Sheffield)
Saturday 10 <sup>th</sup>	All training as normal Hengrove L/C training TTC17/16/14 17.30-19.30 Four seasons Gala (GL1) BUCS
Sunday 11 <sup>th</sup>	All training as normal except for the Uni Squad <b>Barton Uni 18.15-19.15 Cancelled</b> BUCS
Monday 12 <sup>th</sup> – Friday 16 <sup>th</sup>	All training as normal
Saturday 17 <sup>th</sup>	All training as normal Club Championships
Sunday 18 <sup>th</sup>	<b>All normal training cancelled</b> Twyver TTC14/Uni not competing 17.00-18.45 Beaufort TTC17/16 not competing 17.15-18.00 Twyver TTC17/16 not competing 18.30-20.30 Twyver LT TTC14 not competing 19.00-19.45 Club Championships Swim England Para Swimming CPD – Sherbourne

Monday 19 <sup>th</sup> – Friday 23 <sup>rd</sup>	All training as normal
Saturday 24 <sup>th</sup>	All normal training cancelled due to Swim England National Synchronised Swimming Championships Beaufort TTC17/16/14 7.45-8.45am GL1 Gym SSK groups A/B 8.00-9.00am Beaufort SSK groups C/D / TTE 8.30-9.30am
Sunday 25 <sup>th</sup>	All normal training cancelled due to Swim England National Synchronised Swimming Championships Beaufort TTC17/16/14 17.15-18.00
Monday 26 <sup>th</sup> – Tuesday 27 <sup>th</sup>	All training as normal
Wednesday 28 <sup>th</sup>	All training as normal JR away on England programmes Pathway Coach Development Programme
Thursday 29 <sup>th</sup> – Friday 30 <sup>th</sup>	All training as normal
Saturday 1 <sup>st</sup> Dec	All training as normal Hengrove L/C training TTC17/16/14 17.30-19.30 Hengrove L/C training SSK6/7 17.30-18.30 Hengrove L/C training SSK9/12 18.30-19.30 <i>Hengrove sessions to replace cancelled training sessions from Sunday 2<sup>nd</sup> Dec</i> National Para Swimming Championships
Sunday 2 <sup>nd</sup> Dec	All normal swim training cancelled Twyver SSK4/Para 17.00-18.15 – session change Beaufort TTC17/16 17.15-18.00 as normal Twyver TTE/Uni 18.00-19.15 – session change Twyver LT TTC14 18.30-19.15 as normal Twyver LT TTE/Para 19.00-19.45 Cancelled National Para Swimming Championships
Monday 3 <sup>rd</sup> – Saturday 8 <sup>th</sup> Dec	All training as normal